

# OPTIMA EAP THOUGHT OF THE WEEK

## ***November – Substance Misuse***

Do you have a loved one using alcohol or drugs in an unhealthy way? They may have a substance use disorder (SUD). If so, it is normal for you to feel helpless and frustrated that they aren't making better choices. It is important to recognize the limits of your abilities even though you may want them to get the help they need.

It can be hugely impactful to treat your loved one with dignity and to recognize that they are struggling with a disease, not a character flaw. Without this acceptance, people with a SUD may feel stigmatized and therefore less willing to seek treatment. <sup>1</sup>

For additional information, sign into OptimaEAP.com with your username and type into the search box in the upper right corner of the homepage: **“Substance Use”**



EAP Thought of the Week is developed exclusively for Optima EAP clients by the Optima EAP staff.

**Optima EAP is available to assist when you experience challenges at home or at work.  
Call to schedule a confidential appointment with a licensed clinical professional.**

**1-800-899-8174**

**Visit our website at [OptimaEAP.com](https://www.OptimaEAP.com) for additional topics and information.**

**OptimaHealth**   
Employee Assistance Program

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<sup>1</sup> [Words Matter - Terms to Use and Avoid When Talking About Addiction | \(NIDA\) \(nih.gov\)](#)